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Bangalore Mirror

TEMP Max 28 | Min 20 | Humidity 64% Chance of Showers Sensex 80,005 | Nifty 24,339 | Gold 78,347 | Silver 97,103 | Dollar 84.09 | Euro 90.06 | GBP 109.22

MOVE IT

Motorists zip by on narrow footpaths, often honking to ask pedestrian to make way

PAGE 4

SELFIE SNAP

Yet another accident highlights dangers of going to the extremes for a perfect selfie

PAGE 6

BMTC had its last recruitment drive in 2016 and each year around 3% of workforce retires; its existing 28,283 employees have to do overtime to maintain services

THE EXTRA MILE

2,500 conductors to be hired, but they need to undergo training

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UNDER ATTACK: ACTION PROMISED

PAGE 7

The Bengaluru Metropolitan Transport Corporation (BMTC) has been grappling with a notable workforce shortage. BMTC drivers and conductors are taking on overtime to maintain services, but this increase in work hours has raised health and safety concerns among staff.

Since its last recruitment drive in 2016, the BMTC has faced a pressing workforce shortage, further exacerbated by retirements and a covid-era hiring freeze. Currently, around 28,283 employees, including drivers, conductors, mechanics, and security staff serve BMTC's extensive bus network and yet, this dwindling workforce has been stretched thin, with drivers and conductors increasingly taking on overtime to maintain services.

BMTC recently announced a recruitment drive for 2,500 new conductors, addressing operational shortfalls and aiming to reduce overtime dependence. Although the new employees are expected to start next month, BMTC officials indicate that they will only be fully operational after completing mandatory training, meaning existing employees will continue to bear the burden for some time.

A BMTC official stated that 2-3% of the workforce retires each year, highlighting the growing shortage of staff since 2016 and the increased workload on current employees.

> **"Since Dasara, many of us have been working overtime, with buses running until midnight. Some of us barely get enough sleep, sometimes working two days in a row**
>
> —BMTC bus driver

Festive workload

The strain has been particularly acute during recent festivals and following the introduction of free bus rides for women, which led to increased ridership. BMTC drivers and conductors are logging longer hours to meet this demand, with some

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Things are not always what they seem

78% of women surveyed reveal they have encountered fake profiles on dating apps

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In an age where digital identity is fluid, the line between reality and fiction on dating apps is blurring. From high-profile individuals to everyday users are falling victim to the insidious practice of catfishing. A recent survey by Juleo - YouGov revealed that a staggering 78% of women have encountered fake profiles on dating apps.

A growing number of women, particularly those with public Instagram profiles, are finding themselves the targets of fake profiles on dating platforms like Bumble. These fraudulent profiles often use their photos and personal details without consent, leading to confusion, distress, and a breach of privacy.

One such example is a recent incident that went viral where a fake profile (parody account) portrays the Finance Minister as a 24-year-old with the quirky job title of 'Chief Taxslayer at the Ministry'. Using a photo of Nirmala Sitharaman, the bio humorously reads: "I don't believe in love at first sight, but I do believe in taxing everything you own. I've raised more taxes than your ex raised red flags.

CONTINUED ON PAGE 8 »

2 THINGS TO DO

01 Diwali candle making

Celebrate the festival of lights by crafting your own beautifully designed candles with a Diwali-themed candle-making workshop, where you'll learn how to create vibrant, aromatic candles perfect for the festive season. Whether you're looking to add a personal touch to your home decor or create thoughtful, handmade gifts, this workshop offers a fun and engaging experience for all skill levels. All materials will be provided.
Where: Paint Cafe Studio, Whitefield
When: October 29 and 30

02 Poetry session

Spend a lovely evening listening to some warm poems by Deepti Kolte at 'Tuesdays with the Bard @ Urban Solace.' She believes in the transformative power of poetry, and her writings are characterised by their simplicity and profundity. Her second and latest poetry book, 'The Light at the Edges,' has received multiple awards. Alongside her literary pursuits, Deepti is a mental health advocate and also a NIMHANS-certified lay counsellor.
Where: Urban Solace
When: October 29, 7:30 pm to 9 pm

Wheels of change

Together, we're driving change! On the eve of World Stroke Day, Dr Devi Prasad Shetty and the Narayana Health leadership proudly flagged off the Stroke Awareness Vehicle. This campaign is committed to spreading knowledge about brain stroke and saving more lives.

Festive finds

People shop for their Diwali festive needs in Attibele and Basavanagudi on Monday

Kindly note: In line with the Supreme Court's guidelines, only green crackers will be allowed to be burst between 8 and 10 pm from Thursday to Saturday (Oct 31 to Nov 2). All other types of crackers are strictly prohibited outside this time window within the BBMP's jurisdiction

PICS: KAUSHIK JN

Unclear info on I PU exams leaves students confused

Uncertainty around question paper pattern leaves first-PU students in panic, stress; students, staff urge PU dept to issue clear guidelines soon

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While the students studying in grades 5, 8, 9, and 11 have taken a deep breath with the state government's decision to no longer conduct board exams in compliance with the Supreme Court's directive, the students studying in first-year pre-university (PU) are still in a state of confusion. Concerns among I PU students remain high about possible complications in Class 11 exams, where pass-fail outcomes are still in effect, unlike the lower grades where all students are passed onto the next grade. Keeping this in mind, the PU colleges are urging the PU department to avoid any last-minute confusion like last year and update the detailed guidelines for examinations soon.

Centralised or decentralised question papers?

Previously, the Department of Pre-University Education prepared question papers and distributed them to colleges through district-level Deputy Directors of Pre-University (DDPU), who oversaw district-level exams for first-year PUC students. However, last year, the Karnataka School Examination and Assessment Board (KSEAB) ensured uniformity by releasing a single question paper for the entire state.

However, this academic year, things may proceed differently. If the department releases model question papers, exams will be conducted based on these papers at the college level. This situation has now evoked a new fear among students that the exam, conducted by colleges, may lead to stricter evaluation, potentially resulting in more failing grades and lower scores.

The Department of Pre-University Education's Director Sindhu B Rupesh, stated in a circular, "The department has instructed colleges to prepare question papers for first-year PUC exams similar to the format used for the second-year PUC exams. Additionally, model question papers will soon be released."

Reacting to this, a PU college principal said, "Conducting the first-year PU exam at the district level instils some fear among students, while this fear is reduced at the college level. Previously, DDPUs managed question papers and supervised college-level exams. Now, there's confusion about who will release the exam schedule. The department should provide clarity on this matter."

File photo of students answering exams

> **"Previously, DDPUs supervised college-level exams. Now, there's confusion about who will release exam schedule. The department should provide clarity on this matter** –PU College Principal

A first-year PU student said that the introduction of a uniform question paper last year was welcomed by many. "...Now, it seems like colleges will have the freedom to set their own question papers based on a model provided by the department, which could mean each college's test could be harder or easier than others. It is concerning that the system seems inconsistent."

The student further commented on the challenges of maintaining study focus in the face of these constant changes. "Confusion is further increased by the uncertainty surrounding whether the tests would be administered at the college level or under departmental supervision at a higher level. When the exams were managed under district-level exams under DDPU supervision, it felt like everyone was being evaluated equally. Many of us are anxious because we don't know if this could affect our final grades or put more pressure on us at the college level. I just hope the education department provides clear guidelines soon so we can prepare with a little more confidence," the student added.

Illegal Bangladeshi immigrant arrested after 10-year stay

A 38-year-old Bangladeshi national, Mohammed Ramazan, was arrested by Kadugodi police for staying illegally in Bengaluru for over a decade. The arrest was made following a missing person complaint filed by his first wife in Bangladesh.

Ramazan had been living in Chikka Bannahalli, Madugodi, with his second wife and working at a waste management store. Authorities received a tip-off from the Foreigners Regional Registration Office (FRRO) and the State Internal Security Forces, leading to his arrest on Saturday. During the investigation, police discovered a fake birth certificate claiming that he was born in West Bengal.

Ramazan had used this document to create more forged paperwork and establish his identity in India.

It was revealed that after marrying a woman in Bangladesh, he abandoned her and illegally entered India, where he remarried and built a life using forged documents. Kadugodi police have filed charges of cheating and forgery against him, and further investigations are underway. **BMB**

Labourers suffer burn injuries in accidental fire

An accidental fire that broke out at a shed caused burn injuries to four daily wage labourers while they were asleep in Sonnenahalli under Jnanabharathi police station limits in the early hours on Monday.

The injured have been identified as Ameerul, Shantu, Thousiful and Aashikul. According to the police, they had lit up a mosquito coil near their bed which accidently set the bedsheets they used to cover themselves afire. .

The neighbours rushed to put out the fire and the injured were taken to Victoria hospital where they are currently being treated. **BMB**

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Man beaten up for trying to break up booze party near his parked car

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A 38-year-old man was allegedly assaulted by a gang of youths after he confronted them for drinking in a residential area. The gang was said to have been drinking in the quiet neighbourhood of Hirohalli Kundanagar under the jurisdiction of the Byadarahalli police station around 9 pm on Sunday.

Shivalingegowda noticed three young men, identified as Sanju, Anand, and Dhanu, drinking alcohol near his car that he had parked outside his house. He approached them and questioned their actions, expressing concern over public drinking in a neighbourhood with families, children, and elderly residents.

The situation escalated later that night when the victim's wife was walking their dog near the same spot after dinner. Upon confronting the group again, the accused hurled insults at her. Despite Shivalingegowda's wife trying to defuse the situation by taking him into the house, the argument persisted at their doorstep. What started as a verbal confrontation soon took a more dangerous turn when the three youths summoned reinforcements. Anand then allegedly made a phone call, and shortly, five-six men arrived at the scene in an auto-rickshaw. The group of men joined the melee, banging on the victim's gate and hurling stones at his car.

Unable to stay silent, he once again stepped out to confront the attackers, only to be assaulted with weapons such as knives, bats, and bricks. Gowda sustained serious injuries, including a bloody wound to his left hand after attempting to defend himself from a knife attack, as well as multiple blows to his head, arm, and shoulder. His wife, who tried to intervene, was also attacked, sustaining injuries to her back and legs from the hollow bricks used by the assailants.

Group of men allegedly used knife, bat to attack man causing him serious injuries, his wife too was attacked in the melee; dialing 112 was of no use as no help came in time, says victim's brother

The victim's family has expressed anger also towards law enforcement. The victim's brother said that they dialled 112 — the emergency police helpline — at the very beginning of the altercation, but no response came. Even as the situation intensified, there was no intervention. It was only after media coverage that the police urged the family to file an FIR.

Police officers BM spoke to told us that at the very same time there were another two complaints registered due to which there was a delay. Bystanders rushed the victim and his wife to Arkavati Hospital for initial treatment, and they were later transferred to Atria Hospital in Rajarajeshwari Nagar. Gowda has been shifted from the ICU to a ward, and his condition is now reported to be stable. The police have registered a case against Dhanu, Anand, Sanju, and others.

Traffic police target drunk driving

During a week-long drive, a total of 25,383 vehicles were checked across various traffic zones in the city till Sunday resulting in 314 cases being registered against violators. The traffic police confiscated driving licences of offenders, which were then sent to the regional transport office for suspension.

The East Traffic Division also conducted a focused operation called 'Samsara Jutram', which specifically targeted drunken driving. In this division, 7,410 vehicles were checked, and 77 cases were registered. In addition to penalising offenders, the traffic police raised awareness about the importance of adhering to traffic rules and the dangers of driving under the influence.

Traffic police officials have announced that similar drives will be conducted regularly to deter violations and ensure strict compliance with laws.

Kerala film director Ranjith booked for sexual offence

The Kempegowda International Airport police registered an FIR against Kerala-based film director Ranjith on Saturday for sexually assaulting an artist at a hotel in 2012 and recording the act on his mobile phone.

The complaint was transferred to the Airport Police from the Kasaba Police in Kerala, where the victim had registered the complaint, as the incident occurred in Bengaluru.

According to the complaint, the accused had met Ranjith at East Hill, Kerala, while he had gone to meet superstar Mamooty.

During this time, Ranjith had shared his number to the victim and had asked him to meet him at a star hotel near the airport in Bengaluru. The victim said when she visited him at his room, he sexually assaulted her and recorded this act on his phone and shared it to others.

The police have initiated a probe and have charged director Ranjith under section 377 of the BNS and various other sections of the IT act. **BMB**

No room to walk: Motorists squeeze onto city footpaths

From traffic, potholes, riding & parking on narrow footpaths, problems galore in Bengaluru

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Bengaluru's infamous traffic woes don't just end with roads, as footpaths meant for pedestrians are increasingly being occupied by motorcyclists, with some riders even honking at pedestrians to move aside. These instances are highly noticed on Shanti Nagar Double Road and Subbaiah Circle Road. Students from St Joseph's University (SJU), who regularly use these narrow stretches, told BM that these roads, already congested, see heavy traffic, especially during the morning rush hours from 9 am to noon, often forcing motorists onto the sidewalks. "...It's ironic when motorists honk at us to move aside on the footpaths," says Gul Fatima, a student from SJU. "Where are we supposed to go if even the footpaths are taken over?" she questioned.

Jeena, a student and a daily commuter on Subbaiah Lane, said, "People don't follow the rules; they drive on the footpaths meant for pedestrians. Just recently, a scooter ran over my left leg. Everyone seems to be in such a hurry, but footpaths should be, and must remain, for pedestrians."

Poor road conditions

Beyond crowding, students also face deteriorating road conditions. Pipeline construction between Subbaiah Circle Bus Stand and SJU began in May this year, but the repair work seems incomplete. The digging has left the lane in poor shape, making an already narrow road more congested and adding to the inconvenience.

A paying guest (PG) student shared that walking was easier to cover the distance instead of sitting in the bus for 10-12 minutes just to reach the next stop, but motorists on the footpaths make this a tedious task as well. "...Recently, the roads were dug up for pipeline construction. This situation is making it even more difficult for the bus drivers to navigate the streets," she said.

Nanjappa, a bus conductor, added, "It's been over six months since Subbaiah Lane was dug up, and the road is still in poor condition. In July, our bus had a tire burst because of the severe potholes, injuring a passenger. The Bangalore Metropolitan Transport Corporation (BMTC) ended up paying nearly 2 lakh for his treatment," he said. This unattended issue has left many suffering, including bus drivers, motorists, and also students.

Motorists are seen riding on the footpaths to avoid heavy traffic on roads in this file photo

> **Driving on footpaths is a strict violation. If students or locals encounter such issues, they can dial 112, and we will ensure a prompt response**
> –Kuldeep Kumar Jain, DCP, Traffic East

Special drive to tackle footpath menace

Around 125 cases of footpath riding and footpath parking have been booked in the special drive conducted on Monday in the east division. "Driving on footpaths is a violation, and offenders will be held accountable," said Kuldeep Kumar Jain, Deputy Commissioner of Police, Traffic East. "This week, we are conducting a special drive focused on footpath riding and parking, particularly during non-peak hours from 11 am to 4 pm, as this is when these violations commonly occur. If students or locals encounter such issues, they can dial 112, and we will ensure a prompt response," he said. The DCP further added that the concerned police stations have been instructed to increase enforcement to deter these behaviours.

Clean-up drive clears 100 kg of plastic waste

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Around 10 volunteers, including members of the Indian Ploggers Army, gathered at Shalini Grounds in Jayanagar for a clean-up drive on Sunday morning. The volunteers joined hands to beautify the area, clearing away empty plastic bottles and discarded gutka and pan masala sachets that littered the ground.

"Apart from beautifying two black spots, we collected around 100 kg of plastic from Shalini Grounds. There is no one to prevent people from dumping plastic on the ground. I am of the opinion that the ground should have gates at entry points," said Bharathi Jayaprakash, a volunteer.

Vamsi Krishna, a volunteer, said that he attended five clean-up drives in Bengaluru. "Some people asked me what the purpose of cleaning is if people continue dumping plastic at public places. However, we can't expect the public not to dump plastic or garbage at public places as soon as we conduct a clean-up drive. It will take some time for the public to have awareness of the ill-effects of plastic," he said.

Demanding that the Bruhat Bengaluru Mahanagara Palike (BBMP) authorities insist the event organisers clear garbage at the grounds, Rahul BM, a volunteer, said that he noticed a lot of garbage on the premises. "I want the BBMP authorities to direct the organisers at Shalini Grounds to clear garbage post events. There was a security guard earlier, but now the playground has no security guard too," he said.

Garbage collected from Shalini Grounds on Sunday

Kalyani cleanup

Meanwhile, a group of volunteers spent their Sunday morning cleaning a kalyani (idiol immersion pond) at Talaghattapura Lake. "The kalyani was full of algae. We cleaned and also removed hyacinth weeds from the lake. We have a plan to clean the lake in the coming days. I have been participating in clean-up programmes on Sundays for more than a decade," said Ashok Hegde, a volunteer.

Chaitanya Subramanya, a resident of Talaghattapura, said around eight residents participated in the cleaning of kalyani on Sunday. "We completed removing algae and weeds from the kalyani in one and a half hours. We have taken up planting saplings and beautifying black spots and will continue to do so in the future," Subramanya said.

Appealing to the authorities concerned to take measures to prevent flow of sewage into the lake, Balakrishna C, a resident of Talaghattapura, said the residents or volunteers cannot go on cleaning the water body if the authorities fail to stop flow of sewage into the lake. "I want the BBMP Lakes Department to keep the water body free from weeds and sewage," he added.

whatsapp MIRROR 9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Cement choke
Kammasandra

Cement waste is being dumped, leading to drainage blockages on the road near Icon Happy Living Apartments in Kammasandra, Electronic City.

Need better road signs
Malleshwaram

Residents in the Malleshwaram area are requesting larger and more prominently displayed road signs/indicators that show the numbering of cross and main roads.

Sewage mess
Vasanthnagar

Sewage water is leaking onto Purna Prasad Road, causing flooding in residents' homes in Ward 93, Vasanthnagar, near Race Course Road, opposite BTC Gate #4 in the Central Business District.

‘Brain stroke among younger people on rise’

Health professionals stress on regular health screenings, awareness among youngsters, advocate for lifestyle changes that promote cardiovascular health

In recent years, there has been a notable rise in the number of young patients suffering from brain strokes, a condition traditionally associated with older adults. Medical experts and healthcare professionals are increasingly alarmed by this trend, as strokes can lead to severe disabilities and even death. The increasing incidence among younger demographics is attributed to a combination of lifestyle factors, including obesity, sedentary behaviour, high stress levels, and unhealthy dietary habits.

According to studies, the prevalence of strokes in individuals under 50 years of age has escalated dramatically, prompting urgent discussions around prevention and the importance of early detection. Research indicates that nearly 15% of all strokes occur in individuals aged 18 to 49. This percentage is expected to rise further, with a worrying number of cases being reported annually.

Dr Chinmay Nagesh, Senior Consultant (Neurointerventional Surgery and Endovascular Interventional Radiology) at Apollo Hospital, Jayanagar, said that stroke is now becoming more common in younger people. Stress, underlying genetic disorders, undiagnosed diabetes, and blood pressure issues are often the root causes. “Knowing the signs of stroke—BEFAST (balance, eyes, face, arm, speech, time)—is crucial for everyone to know. Getting to a hospital in the golden hours after stroke onset is essential, as faster treatment results in reduction and even reversal of the devastating effects of stroke. Stroke mechanical thrombectomy and stenting is the latest advance in stroke treatment. Strokes are sudden and unexpected, but 80% of strokes are preventable, so an annual health check is a must.”

Strokes occur when blood flow to the brain is disrupted, either due to a blockage (ischemic stroke) or a hemorrhage (hemorrhagic stroke). In younger patients, ischemic strokes are more common, often resulting from factors such as blood clots, arterial dissection, or heart abnormalities. According to a neurologist, the growing incidence of strokes in younger populations is alarming for several reasons. “First and foremost, the implications for patients and their families can be devastating. Many young stroke survivors face significant challenges in their daily lives, requiring extensive rehabilitation and support. Additionally, young stroke patients are often left grappling with the psychological impacts of their condition, which can include depression and anxiety. The early onset of stroke can disrupt careers, educational pursuits, and family life, leading to a considerable economic burden.”

Hence, healthcare professionals urge the public to be aware of the warning signs of a stroke, which can include sudden numbness or weakness, particularly on one side of the body, confusion, difficulty speaking, or severe headache. Moreover, advances in medical technology have enhanced the ability to detect strokes more quickly. Imaging techniques such as CT scans and MRIs allow for rapid assessment of brain function, enabling timely intervention. However, the onus also lies on individuals to seek help promptly when they recognise symptoms, as delays in treatment can significantly worsen the prognosis and recovery prospects.

Preventive measures

Health professionals advocate for lifestyle changes that promote cardiovascular health. Regular physical activity, a balanced diet rich in fruits and vegetables, smoking cessation, and moderation of alcohol intake are all vital components of stroke prevention. Furthermore, individuals with risk factors such as hypertension, diabetes, or high cholesterol must engage in regular health screenings and adhere to prescribed treatments to manage their conditions effectively.

An expert noted that in the face of rising stroke cases among younger populations, healthcare providers are focusing on education and awareness campaigns. Community health programs, school workshops, and social media campaigns play a critical role in disseminating information about stroke prevention and management. “As medical professionals emphasise the critical role of early detection in improving outcomes, it becomes imperative for individuals to recognise the warning signs of a stroke and seek immediate medical assistance. Additionally, adopting healthy lifestyle habits can significantly reduce the risk of stroke. By prioritising education, awareness, and preventive measures, society can combat this alarming trend and safeguard the health of younger generations,” the expert added.

—BMB

Tar jam

Traffic was crawling in Thirumagonganahalli, Hosur Road NH 48, on Monday, as one section of the road was getting a new lick of asphalt

PICS: KAUSHIK JN

Perfect selfie turns horrible nightmare

Rescuers take 2 days to get to teen who got trapped in boulders after falling into pond

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In recent days, the craze for taking selfies has become increasingly dangerous, with many young people failing to heed warnings about the risks involved. An engineering student was rescued on Monday after falling into a pond while trying to take a selfie at the Maidaal Lake near Mandaragiri Hill in Tumakuru. The rescue operation, which began on Sunday, continued into Monday as authorities worked to save the student, who had fallen into the pond on Sunday.

Hamsa (19), a student from the SIT College in Tumakuru, slipped while taking a selfie. She became trapped in a rocky area after being swept away by the water. Rescue personnel, including firefighters and police, worked through the night to reach her, but the challenging terrain made it difficult to access the area where she was trapped. Over 10 rescue workers participated in the operation.

On Sunday, the rescue efforts were temporarily halted, but firefighters returned to the site near Mandaragiri Hill on Monday morning to resume the operation. Hamsa's father, Somnath, mother, Radha, and younger brother, Harsha, were also present at the scene.

Rescue teams suspected that Hamsa might be trapped between boulders in the area where the water was approximately 15 feet deep. This turned out to be true, as the fast-flowing water made it challenging to locate and rescue her. By diverting the water from the pond, rescuers managed to ensure that it did not reach the area where Hamsa was trapped, allowing them to conduct a successful rescue operation. Hamsa and her friends had visited Mandaragiri Hill for sightseeing when the incident occurred. Many have praised Hamsa for her bravery as she spent the entire night alone in a remote area.

This incident highlights the increasing number of accidents associated with selfie-taking, which often put lives at risk.

In a related incident, the dangers of selfies were further underscored by a tragic event in Maharashtra, where a 23-year-old man was killed by a wild elephant while attempting to take a selfie with the animal in a forested area of Gadchiroli.

The victim, Shashikant Ramchandra Satre, was working with his colleagues laying cables in the forest when he ventured too close to the wild elephant despite warnings from those nearby.

Although they were alerted to the presence of the elephant, Shashikant and two others went in search of it. When Shashikant attempted to take a selfie with the animal, the elephant charged at him, resulting in a fatal encounter.

This incident serves as a grim reminder of the potential dangers associated with the obsession for taking selfies in risky situations.

Dev Raj, a psychologist, said, "As these incidents highlight, the trend of taking selfies, particularly in dangerous environments, poses significant risks to individuals, especially young people. While capturing memories can be an enjoyable activity, it is essential for individuals to prioritise safety and be mindful of their surroundings to prevent accidents and tragedies."

An engineering student who was trapped for more than a day was finally rescued on Monday

> **"While capturing memories can be an enjoyable activity, it is essential for individuals to prioritise safety and be mindful of their surroundings**
>
> –Dev Raj, psychologist

Scientists develop AI scarecrow

City scientists have now developed a new AI-powered system to scare away birds. The University of Agricultural Sciences (UAS), Bengaluru has developed a solar-powered bird scare device to address the increasing bird infestations affecting crops like sunflowers and maize. This initiative comes in response to the growing concerns among farmers regarding pest problems. Along with this device, the university has also introduced an automatic boom sprayer, smart ploughs, and machinery for planting seeds.

The bird scare device emits three distinct sounds—plate noise, siren noise, and recorded human voice—every 15 minutes. This mechanism will alert and drive away birds that may be perching or already settled on crops. The device operates on solar power and is equipped with a charge controller and battery, drawing attention from farmers at this year's agricultural fair. Dr. S.V. Suresha, Vice Chancellor, UAS said, "The digital revolution is transforming all sectors, including agriculture, where advanced agricultural machinery and equipment powered by AI technology are being developed. These innovations will be showcased at the fair, aiding farmers in transitioning to profitable and scientific farming practices. Hence, for the first time, UAS is using artificial intelligence (AI) and smart app technology to address farmers' challenges. Various machines, technologies, and new applications have been developed in this context. AI technology is increasingly being integrated across various fields, and agriculture is gradually adopting this technology. This innovative approach is being spearheaded by the university to combat labour shortages, determine the traditional crops for specific regions, and assess market conditions. The aim is to attract remaining farmers and agricultural products to farming through marketing efforts, including comprehensive information on crop collection."

Sources said that farmers will benefit from insights into soil fertility, while the AI technology will provide precise information regarding health and nutritional content. This includes guidance on how much fertilizer should be applied to draw farmers towards agriculture.

App tractor initiative

The Agricultural Automation Laboratory will provide training specifically focused on the smart ploughing app. This AI-driven smart app will be integrated with tractors to offer comprehensive scientific information on the appropriate depth for ploughing, fertilizer application rates, and seed sowing techniques. Notably, only one person will be required to operate both the app and the tractor, enabling efficient ploughing, sowing, and fertilizer application at minimal costs. Training sessions will be conducted in the laboratory for farmers and agricultural students.

Bees as solution to jumbo conflicts

Recent studies have revealed that honey bees can be used not only for pollination but also as a method to deter elephant infestations, providing a potential source of income for farmers. This surprising finding emerged from research conducted by the Ponnampet Forest College under a project sponsored by the Khadi and Village Industries Commission (KVIC) in the Nagarhole forest area. The study found that honey bee boxes effectively deterred elephant herds, as elephants have a natural fear of bees. When elephants encounter bees, they tend to become frightened, often uprooting trees in their panic. If a swarm of bees attacks, they can penetrate the elephants' ears and trunks, prompting the animals to maintain their distance from the hives.

During the experiment, the college discovered the paths used by elephants. They placed honey bee boxes at four-foot intervals along these paths. CCTV footage captured the elephants hesitating and retreating in fear as they approached the boxes. Subsequently, the boxes were repositioned closer together, and the elephants avoided the area entirely, demonstrating that even after the boxes were removed, the elephants no longer frequented that path.

– BMB

61% more rain in state this year than in 2023

Bengaluru witnessed highest post-monsoon rainfall in 18 years

From October 1 to 24, Bengaluru received 275 mm of rainfall

This year's monsoon has been unusually intense, especially with October's 179 mm of rain as compared to the average 111 mm, marking a 61% increase. Last year, from October 1 to 24, only 40 mm of rain was recorded instead of the expected 100 mm, in a a 60% rainfall deficit.

Sources said that as soon as the south west monsoon ended, the north east monsoon rains began, bringing substantial rainfall across the state over the past four weeks. Around 16 districts recorded significantly higher-than-average rainfall, five districts had above-normal levels, and nine districts received average rainfall. Only Raichur experienced a shortage. In southern Karnataka, rainfall should have been 113 mm but reached 213 mm, an 89% rise. In northern districts, 128 mm was recorded instead of 94 mm, marking a 36% rise above average. Hilly districts saw 229 mm of rain instead of the average 132 mm—a 56% rise. Coastal regions received 247 mm while the usual is 158 mm, again marking a 56% rise, according to data from the State Natural Disaster Management Center.

District-wise

Heavy rainfall exceeded norms in Davangere, Bengaluru Urban, Vijayanagara, Belagavi, Haveri, Dharwad, Shivamogga, Bengaluru Rural, Ramanagara, Kolar, Chikkaballapur, Hassan, Chikkamagaluru, Mandya, Uttara Kannada, and Gadag districts. Rainfall was slightly above average in Chamarajanagar, Mysuru, Ballari, Dakshina Kannada, and Udupi.

B'luru breaks record

For the first time in 18 years, Bengaluru witnessed record-breaking post-monsoon rainfall, surpassing previous records. Key areas like Kengeri, Yelahanka, Uttarahalli, Tavarekere, Yeshwanthpur, Dasanapura, Hessarghatta, Bidarahalli, and Sarjapur recorded exceptionally high rainfall. From October 1 to 24, Bengaluru received 275 mm of rainfall, a 115% increase over the normal 128 mm. Historical data shows that in the same period, 291 mm was recorded in 2005, 253 mm in 1970, and 287 mm in 1943. This year, despite monsoon rain staying close to the average, rainfall from June 1 to September 30 was below the 471 mm norm, totaling 418 mm. From January 1 to October 24, rainfall reached 845 mm, 12% above the usual 755 mm.

Food prices rise

Despite the boost in agricultural activities from favourable rain, the prices of food grains, edible oils, and vegetables continue to rise. Government data confirms that the price hike was particularly sharp in September.

Wheat has seen a price increase of Rs 3 per kg, while chickpeas have risen by Rs 8. Wheat flour has increased by Rs 9, and soybean oil has experienced a notable rise of Rs 12. Sunflower oil and mustard oil have also seen significant increases of Rs 18 and Rs 20, respectively per kilo litre. Due to the rising food prices, India's retail inflation reached a peak on September 1. The annual retail inflation rate based on the All India Consumer Price Index stood at 5.49% in September, significantly up from 3.65% in August, according to data released by the Ministry of Statistics and Programme Implementation.

"The pressure of inflation affects the festive season. As the wedding season follows the festivities, higher prices for edible oils and food grains are likely to escalate family expenses. One reason for the price increase is the diversion of key crops like maize, rice, and sugarcane for ethanol production," said Ramesh Yadav, a trader.

—BMB

Gutsy Mandarino wears Cubic Derby sash

Ikram Khan
mybangaloremirror
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After the Mysore Dasara, the next big event which generates big buzz in the royal city is the Mysore Derby. And this year too the blue riband of the racing season, the Cubic Mysore Derby, apart from the record crowd, attracted professionals and horse owners from other premier racing centres enjoying the big action, the thunder of the hooves providing a lyrical ring, while the best saddle artistes paraded their skills on D-day.

The champion event which offered rich stakes of 1.15 crore produced a pulse-pounding finish, the Irfan Ghatala-trained Mandarino and Bourbonaire from the stables of Satish Narredu piloted by Indian ace Suraj Narredu locked in an intense struggle for supremacy before the ten to one long shot Mandarino partnered by the young Alex Rozario galloped home to land the Derby riches.

Most old hats in the game and a sizeable number of professionals were of the view that the Derby sponsored by the Mysore Race Club chairman KN Suresh Kumar is a two-horse affair, the winner of the 2000 Guineas John Wick and the runner-up Bourbonaire set to dominate the finish of the mega event. But that was not to be, Alex Rozario in a never-say-die bid packing punch on the rank outsider to upset the apple-cart of the second in demand at the betting ring Bourbonaire at the shadow of the winning post. Another classic hopeful, The Leader, in his attempt to make every post a winning one lacked the gas in the tank to keep going in the final furlong and had to rest content with the third spot, while the overwhelming favourite John Wick from the Chennai-based trainer James McKeown's yard performed below par. All credit to Irfan, who sent out Mandarino spot on for the big event and more importantly it was Irfan's trust in young Alex Rozario to come good in a big event which brought home the desired result, Rozario displaying the classic temperament and the skills required to score in the classic test.

The Mysore Race Club Anniversary Cup sponsored by sporting owner Swaroop Kumar, who played a stellar role while making all Mysore proud, sponsoring the first Indian Turf Invitation Cup at this centre was claimed by the public rage Shamrock piloted by Suraj Narredu. "The best horse won the event and I'm delighted to be back in the city of palaces promoting the sport," said Swaroop.

Leading jockey Antony Raj, who booted home Czar on the big day and trainer Rakesh emerged champions. The former won the Champion Jockey title, while local champion Rakesh, who has won the champion trainer crown 16 times, added one more feather to his classic hat edging out Bangalore trainer Warren Singh by a solitary point to the delight of the Mysore camp.

"The main season is very competitive, top trainers and horses coming in from Bangalore and other centres and I'm happy that I topped the elite list," said Rakesh.

BMTC staff under attack: Police promise strict, prompt action

In response to a spate of assaults on Bangalore Metropolitan Transport Corporation (BMTC) bus staff in Bengaluru, Transport Minister Ramalinga Reddy has directed Police Commissioner B Dayananda to adopt a firm stance against the perpetrators. In a message to the Police Commissioner on October 28, Reddy highlighted the escalating incidents of violence against BMTC drivers and conductors. He said that FIRs have been registered at the pertinent police stations in connection with these events.

The minister emphasised the need to prevent such incidents from recurring in the future and called upon the police to take decisive measures against individuals who assault BMTC personnel. The most recent incident, which took place on October 26, marked the third attack on BMTC staff in less than a month. Two bikers assaulted a BMTC conductor and a contract driver on Tannery Road.

Following Reddy's note, BMTC Managing Director Ramachandran R met with Dayananda on October 28 to discuss the incidents. According to BMTC, Dayananda has assured them that if similar incidents occur in the future, FIRs will be filed against the offenders, and stringent action will be taken promptly. "He assured that investigations into previous cases will be expedited and appropriate legal action will be pursued," said the BMTC in a statement.

BMTC MD meets top cop after Transport Minister's direction to adopt firm stance against accused in cases of violent altercations

"BMTC employees are required to work extended periods between stations, often in close proximity to a large number of passengers. In these situations, law enforcement may not always be readily available to intervene or assist in handling an incident," said a frequent commuter of BMTC, pointing to the need of formulating a policy specifically to the address the issue.

"A clear and concise protocol, up to date with today's functioning of the world where cases of people on the edge is on the rise, must be developed to guide workers on how to prevent and respond to violent situations," he added.

—BMB

Prahlad Joshi kin let off in cheating case

The High Court, presided over by Justice M Nagaprasanna, issued an order on Monday for the release of Union Minister Pralhad Joshi's brother, Gopal Joshi, and nephew, Ajay Joshi, who were arrested in a cheating case. The accused allegedly promised an election ticket to certain individuals in exchange for a sum of Rs 2.5 crore.

During the hearing of the petition filed by Gopal Joshi and Ajay Joshi, seeking the quashing of the FIR registered against them, Justice M Nagaprasanna noted that the accused have acknowledged receiving the money. However, they have given an undertaking to return the entire amount.

The arrest of Gopal Joshi and Ajay Joshi took place last week, following a complaint filed by Sunitha Chavan, the wife of former JD(S) MLA Devanand Chavan, with the Basaveshwara Nagar police in Bengaluru.

Union Minister Pralhad Joshi's brother Gopal Joshi being arrested by the police at Hubballi (File photo)

In her complaint, Sunitha Chavan alleged that Gopal Joshi had cheated her of ₹2.5 crore by promising her husband a BJP ticket for the Bijapur Lok Sabha constituency in the upcoming 2024 Lok Sabha elections. Subsequently, the accused were remanded to police custody by a Bengaluru court. **BMB**

'Change of counsel can't be ground to recall witness'

The Karnataka High Court has recently passed a judgment stating that a change in legal representation by a party is not a sufficient reason to grant an application under Section 311 of the Code of Criminal Procedure (CrPC) for recalling a witness.

The case in question involved Steel Rocks Inc, Bengaluru, and its proprietor R Shakthi Kumar, who challenged an order passed by a court in Anekal on Feb 16, 2024, in a cheque-bounce case filed by Bangalore Elevated Tollway Pvt Ltd.

The petitioners were contracted to build a foot overbridge on the Hosur-Bengaluru highway by the complainant in August 2016. However, due to demonetisation, the petitioners were unable to start the work and requested Rs 25 lakh financial assistance from the complainant, issuing a cheque for the same amount as security, which subsequently bounced. As a result, a cheque-bounce case was registered in 2017.

In 2023, the petitioner submitted an application to recall one of the witnesses, claiming that the advocate who cross-examined the witness had passed away, and the new advocate identified certain deficiencies in the cross-examination.

The complainant argued that the earlier counsel had cross-examined the witness twice in 2019 and 2021, and the proceedings had been pending for seven years due to unnecessary adjournments sought by the petitioner.

After reviewing the materials on record and relevant Supreme Court judgments, Justice Nagaprasanna stated, "Mere change of counsel can't be a ground to recall the witness. The application must contain details as to why the witness is required to be recalled. Recalling of witnesses shouldn't be permitted at the fag end of a trial."

The judge also noted that the present case is posted for judgment and the apex court had clearly held that a change of counsel would not be a reason to allow an application under Section 311 of CrPC. The trial court has been instructed to conclude the proceedings within four months. **BMB**

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personal

CHANGE OF NAME

I, TANVEER Shariff Tippu Bangal Jamal, R/at Flat No.T3, Calogne Apts Haines Road, Frazer Town, Bangalore-560005, have changed my name from Tanveer Shariff Tippu Bangal Jamal to Tanveer Shariff vide Affidavit dated 25/10/2024 sworn before Notary Sivakumara.M.N, Bengaluru.

I, URVI GURURAJA SHENOY, Residing at No. 203,Glendale Apartment,No 35 M N Krishna Rao Road, Basavanagudi, Bangalore-560004, Have changed our minor Son's name URVI KARTHIK SHENOY To KARTHIK SHENOY, vide affidavit dated 26/10/2024 sworn before Notary Aravind Patil G.G Blore

I, Ahtashamul Haq Mohamed Mohsinuddin S/o, Mohammad Mohsinuddin R/o 1-1-37 Muslimpura Yadgir City Yadgir Karnataka 585201 have changed my name to Ahtashamul Haq for all purposes.

I, Subramnya Charya C S/o Channa Veera Charya R/o No.18/9, Kanur Hali main road, V V Extn, Hoskote, Bengaluru rural 562114 have changed my name to Subramnya Charya Affidavit Dt.28/10/2024 notary Harisha G, B'luru

I, DEEPA BALIGE CHINNAIAH W/o Kiran Bidrahally Bommanna Gowda, Residing at, Bidrahally post & village, Mudigere Taluk, Chikkamagaluru 577132, have changed my name to DEEPA KIRAN for all purposes

I, Advaith Raj Hurdi Rajakumara S/o Rajkumar Hurdi Mogappa and Pavithra Raj R/o Hadige village, Sakaleshpura Tq, Hassan 573201 present camp at Bengaluru have changed my name to Advaith Raj Hurdi Rajkumar Affidavit Dt.28/10/2024 notary Harisha G, B'luru

I, Mohana M G S/o M V Gowdaiah, R/o No. 176 Banashankari Nilaya, Flat No. 301, 3rd Main Kanaka Layout, Bsk 2nd Stage, Bengaluru 560070 have changed my name to Mohan M G for all purposes

I, Shahena Siraj R/o 293, Thonse, 9th Cross, Jhbcs Layout, Kumaraswamy Layout Bangalore, Karnataka 560078 have changed my minor daughter's name from Imarah to Imarah Afnan.

I, Abhilash K R/o No. 001, Ds Max Saanjh, Yelenahalli Main Road, Akshayanagar, Bengaluru -560068 have changed my minor daughter's name from Shanvi Abhilash to Ridhi Abhilash .

Change of Name

I, Syed Muneer S/o Late Syed Nazeer Sab R/o Tumkur District, Chikkanayakanahalli Taluk, Huliyaru Urdu School Road, stating that, my name entered in Aadhaar Card, Bank Pass Book, PAN Card, Ration Card and ID Card as Syed Muneer. My name entered in school records and transfer certificate as Syed Abdul Muneer. The above names Syed Muneer and Syed Abdul Muneer are mine only. Henceforth I will deal with the name **Syed Muneer** only. So **I request you to mention my name as Syed Muneer in the passport.** All the above information is correct and true. Therefore, I have sworn before Notary and Advocate H.M.Gururaja, Chikkanayakanahalli vide affidavit on **25.10.2024.**

I Ashoka Ramaiah S/O. Ramaiah R/o No 216 Manchanahalli Village Mayasandra Post Attibele Hobli Anekal Taluk Bangalore - 562107 have changed my name to Ashok Ramaiah.

I Sweety Arunalayam W/O. Venkatesh Subramani R/o No 31; Silver Springs Layout; Sacred Hearts Road; Tc Palya; Bangalore 560036 have changed my name to Sweety Venkatesh

I, Shilpa R Rao W/o Rithik R Shetty R/o No. 69 5th Cross Widia Layout Vijayanagar Bengaluru 560040 have changed my name to Shilpa R Shetty for all purposes

I, Veerabramhachari R/o #46, 26-B,Manivilas Garden, Kamalanagar,Basaveshwaranagar, B'luru 560079 have changed my name to Veerabramhachary for all purposes

I, Syed Sameeulla R/o No.69-70/366, 3rd Flr, 7th A cross, Kanakanagar, Yelechenahalli, Jp nagar, Bengaluru 560078 have changed my name to Syed Samiulla Affidavit Dt.28/10/2024 notary Harisha G, B'luru

I Anita Kulkarni Alias Kanago D/o Krishnaji R/o Flat no 203 Maaple Trees Apts TC Palya Main Road Ramamurthy Nagar B'luru-560016 have changed my name to Anita Vadiraj Katarki for all purposes.

I, Padma Anjaneya R/o Flat 905,tower 2,salarpuria Sattva Apts.,9th Crs, Magadi Main Road,vijayanagar, Bengaluru 560079 have changed my name to Padma Anjaneya Bhaskar for all purposes.

I Piyush Gupta S/O, Vinod Gupta R/o Provident Park Square, 4b-408, Judicial Layout Phase-2, Vakil Garden City, Kanakapura Road, Bengaluru-560062 have changed my name to Piyush Kumar Gupta.

I Lynda Felix Arakal W/O, F Arakal R/o No 290, 1st Cross, 1st Floor, Near Health Cottage Hospital, Cambridge Layout, Bangalore_560008 have changed my name to Lynda Arakal.

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Minister promises hiring process will be expedited

CONTINUED FROM PAGE 1

employees expressing concern about the health risks of sustained overtime. "Since Dasara, many of us have been working overtime, with buses running until midnight. Some of us barely get enough sleep, sometimes working two days in a row," said a BMTC bus driver.

Not just during the festive season, every day a high number of female passengers' travel through buses. "It's not just during the festive season, ever since buses were made free for women in the state, more people are using them daily, and we're seeing a high number of passengers every day. This trend is very evident even now," said a female bus conductor, adding that overtime is being done by many of the staff members to run the free service.

More workforce assured

BMTC officials have underscored the urgency of these new hires to ensure both service reliability and employee well-being. They anticipate that, once fully integrated, the new staff will help distribute work more evenly and allow the corporation to better manage the surging demand.

Transport Minister Ramalinga Reddy told BM that permission was granted to recruit an additional 9,000 staff members, with 7,500 of them set to join within the next three months.

"In a recent meeting, we decided to expedite this hiring process as much as possible. So far, 1,000 staff positions have been allocated to families of those who died while serving, in all the four corporations and in the next month, 2,500 conductors will join the BMTC. An additional 7,500 staff members, including drivers, are expected to come on board in the next three months," he stated.

Additionally, with regards to the training period, the minister said that the onboarding process is progressing, with candidates at various stages of completion, including medical tests, document verification, and driving tests. He emphasised that the new hires are fully trained and ready to serve during their probation period.

The menace called catphishing

CONTINUED FROM PAGE 1

Swipe right if you're into women who can deduct happiness, itemise suffering, and maximise your stress. I'm not your girlfriend; I'm your liability."

This may have been all fun and games, but reality is far from that. A victim of catphishing from Indiranagar spoke to BM under the condition of anonymity. She shared her experience of being impersonated on a dating app not once but twice.

"The first time it happened, I ignored it. I thought it was something that happened to most women," she said. The fake account had been created using her pictures, and the location was set to Kasaragod, Kerala. It wasn't until her friends began asking, 'We matched on Bumble, are you on the app?' that she realised the extent of the issue.

She quickly took to Instagram, posting a story to clarify that she did not use any dating apps and urged her followers to report any profiles that used her name or photos. The profile in question used the name 'R'.

However, the nightmare didn't end there. Just a week ago, the victim learned of another fake profile using her images, this time under the name 'Eve', with the location listed as UAE.

Again, she found out through a friend who asked, "Are you on Bumble?" After discussing the incident with another friend, she was told, "Why don't you just make your Instagram private?"

The victim expressed frustration, saying, "The fault is of someone else, yet people blame us for keeping our Instagram public. Why should I have to hide? Why can't dating apps have stricter verification processes? Instagram could also add features like Snapchat, where we're notified if someone takes a screenshot of our pictures."

Recently, Juleo, an exclusive singles club, partnered with YouGov, a global public opinion company, to survey over 1,000 singles across the top eight Indian cities to capture the current trends in Indian matchmaking.

The findings were eye-opening: 78% of women reported encountering fake profiles on dating apps. Moreover, 48% of singles stated that their mental well-being had declined due to app fatigue and burnout, while 2 in 3 singles had never even met a match from these apps in person.

The prevalence of fake profiles, particularly those impersonating women, adds to the growing dissatisfaction with the online dating world. The ease with which personal information can be harvested from public social media platforms has made it a goldmine for scammers.

By simply copying profile pictures and personal details, these digital impostors can create convincing fake identities. Victims often face emotional distress, harassment, and even financial loss as a result of these fraudulent activities.

HEALTH TIP: Honey is one of the oldest home remedies for dry cough; it is natural, anti-inflammatory, and coats your throat

The scent of mint, which contains menthol, can aid in the release of mucus

FESTIVAL BLUES

Festive stress in your relationship? Here's how to take it easy

The festive season is all about lights, laughter, and celebrations, but sometimes, amidst the glitter and glam, relationship stress can sneak in like an uninvited guest. Between juggling family commitments, planning parties, and making everything perfect, you and your partner might find yourselves arguing over the smallest things. Sound familiar? Don't worry, you're not alone!

If the chaos has put your relationship on edge, our expert, Survarna Varde, MILAAP counselling service, has the perfect tips to help you stay cool, calm, and connected during the festive frenzy. Ready to keep the love alive and the mood light? Let's dive in!

What's Got You Stressed? Let's Break It Down!

"Common sources of relationship stress during the festive season are largely family dynamics, cultural differences leading to mismatch in expectations and to some extent money and time management adds to the stress," highlights our expert.

Consider the frustration of a last-minute cancellation from a family member, which can throw your carefully planned gatherings into disarray. Or picture the disappointment of spending hours in the kitchen, only to end up with burnt dishes that go to waste. Additionally, the pressure to buy gifts for every event you attend can quickly derail your holiday plans, leaving you feeling stretched thin and overwhelmed. "Additionally, navigating differing family traditions or dealing with difficult relatives can lead to conflicts. When expectations run high, the potential for disappointment grows, intensifying stress when things don't go as planned," Suvarna says.

Conflict? Handle It Like A Pro!

Our expert shares five valuable tips for couples to resolve conflicts, setting the stage for creating cherished memories together:

Embrace Open and Honest Communication: As a couple, encourage each other to share feelings and needs before gatherings. This practice can help set realistic expectations.

Avoid Overhyping the Event: Resist the urge to build up the occasion in your mind. When things don't unfold as you imagined, it can lead to conflicts and detract from your enjoyment of the moment.

Establish Boundaries: Remember, nothing is a MUST. Agree on which events are essential to attend and which ones can be skipped to alleviate stress and maintain harmony.

Prioritise Participation Over Perfection: Acknowledge that disagreements are part of any relationship. Approach festive occasions with a mindset focused on understanding rather than striving for perfection.

Take a Breather When Needed: If conflicts start to escalate, stepping away for a moment can help cool down emotions and provide much-needed clarity.

Keeping the Spirit Bright in Long-Distance Love!

For couples spending the festivals apart, Suvarna suggests prioritising connection over everything else. "Schedule video calls or virtual dates, where you develop unique ways to celebrate, such as wearing colour coordinated clothes or cooking the same meal. Send thoughtful gifts – physical tokens of affection go a long way in helping bridge the distance and make each other feel special. Focus on the aspects of the relationship that make it strong, and remind each other that the distance is temporary."

With these simple shifts, you'll be ready to swap festive friction for fun and keep the love shining bright! So go on – celebrate the season hand in hand, stress-free and sparkly!

—Sharon Dsilva, Femina

7 ways women can get rid of addiction to stress-related hormone

Being addicted to stress and its associated hormone, cortisol, is a common issue, especially for Indian women juggling work, family, and personal responsibilities. Chronic stress can lead to various health problems such as insomnia, weight gain, anxiety, and burnout. Understanding how to manage stress is crucial for overall wellbeing. Here are ways Indian women can change that pattern and reduce dependency on the stress hormone:

1 Mindfulness And Meditation
Why they help: Meditation can lower cortisol levels, improve emotional regulation, and enhance focus. Practices such as yoga or deep breathing exercises create a sense of calm and reduce the body's stress response.
Actionable step: Start with 10 to 15 minutes of daily meditation or mindfulness exercises, focusing on deep, steady breathing.

2 Balanced Nutrition
Why it helps: Eating foods rich in antioxidants, omega-3 fatty acids, and vitamins such as B and C can help reduce stress. Indian diets already incorporate many beneficial spices such as turmeric and ginger, which have anti-inflammatory properties.
Actionable step: Prioritise a diet rich in whole foods, fruits, vegetables, and lean proteins, while avoiding excessive caffeine or sugary snacks that spike cortisol levels.

3 Regular Physical Activity
Why it helps: Exercise releases endorphins, which are natural mood elevators, while helping regulate cortisol levels. For Indian women, finding time for physical activity can be challenging, but even 30 minutes of daily exercise can make a big difference.
Actionable step: Choose a workout you enjoy – whether it's yoga, walking, dancing, or strength training – and stick to a routine. It can be as simple as morning walks or joining a fitness class.

4 Build A Support System
Why it helps: Emotional support from friends, family, or a professional therapist can be a great way to manage stress. Many Indian women often internalise stress due to societal expectations or personal

guilt. Sharing feelings can reduce the emotional burden.
Actionable step: Regularly communicate with a close friend or family member, or consider seeking professional counselling when feeling overwhelmed.

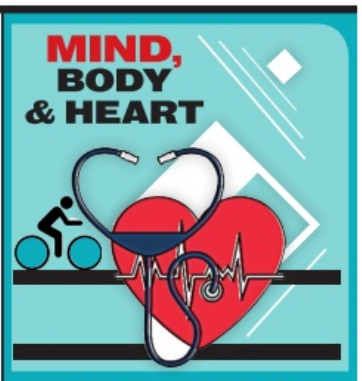
5 Set Boundaries
Why it helps: Learning to say 'no' and prioritising self-care is essential to avoid burnout. Indian women often face societal pressure to fulfil multiple roles without complaint, which can lead to chronic stress.
Actionable step: Establish clear boundaries for work and personal time. Allow yourself moments of rest without guilt.

6 Sleep and Rest
Why it helps: Quality sleep is crucial for hormone regulation. Lack of sleep can cause a spike in cortisol, creating a cycle of stress and fatigue. Rest is vital for recovery.
Actionable step: Aim for seven to eight hours of restful sleep every night by creating a calming bedtime routine, such as limiting screen time and unwinding with a book or relaxing music.

7 Engage In Creative Outlets
Why it helps: Creative activities such as cooking, painting, or gardening help lower stress levels. These activities can act as an outlet for self-expression and relaxation.
Actionable step: Dedicate time weekly to a hobby you enjoy. These moments of creativity allow you to shift focus from stress to joy.

Addressing stress and regulating cortisol is a combination of mental, physical, and emotional care. By prioritising these practices, Indian women can break the cycle of stress addiction and lead healthier, more balanced lives.

—Dr Archana Batra, for Femina



All you need to know about...

Abnormal BMI

Risk to kids' lungs
An abnormal body mass index (BMI) in children -- whether high or low -- can be associated with impaired lung function, according to research on Monday.

What is poor lung function?
About 10 per cent people suffer from poor lung function in childhood. They also cannot achieve maximal lung capacity in adulthood, increasing the risk of serious health problems such as cardiovascular disease, lung disease and diabetes.

Fix BMI
However, the study led by researchers from Karolinska Institutet in Sweden showed that if their BMI is normalised before they reach adulthood, the impairment can be offset. The team followed 3,200 children from birth to the age of 24. BMI -- the most common body measurement -- which takes account of weight, but not muscle and fat composition was measured about 4 times.
The results published in The European Respiratory Journal showed that abnormal weight and height were the major risk factors associated with impaired lung function.

Obstruction
Children with a persistently high BMI or an accelerated increasing BMI had impaired lung function as adults. It was primarily the result of restricted airflow in the lungs, a condition known as obstruction.
However, in children "with an initially high BMI but a normalised BMI before puberty, lung function was not impaired in adulthood", said principal investigator Erik Melen, professor of paediatrics at Karolinska Institutet.
"This highlights how important it is to optimise children's growth both early in life and during their early school years and adolescence." A stable low BMI could also be linked to reduced lung function caused by inadequate lung growth.
In these cases, BMI was not normalised throughout the study. **—IANS**

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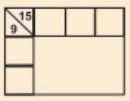
SOLVE IT IN A MINUTE

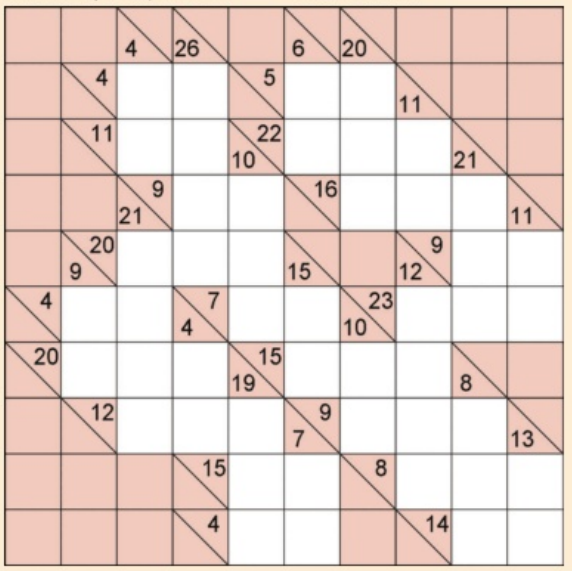
The average weight of 6 men is 186 pounds. If one of the men is left out the average weight becomes 200 pounds. What is the weight of the one left out?

Kakuro

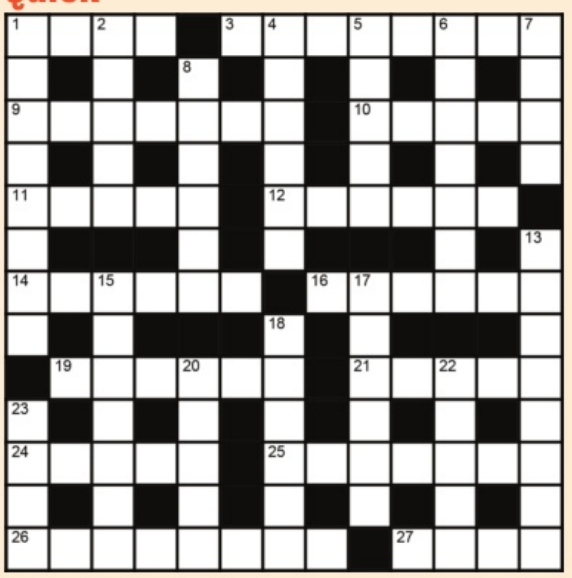
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Aquatic bird (4)
3 Roomy (8)
9 Pays heed (7)
10 Rock group ____ Creed (5)
11 Less feral (5)
12 Wears away (6)
14 Take exception (6)
16 Assists by pushing from below? (6)
19 A rabbit-like burrowing rodent (6)
21 Indian cricket's ___ Trophy (5)
24 Goodbye, monsieur (5)
25 North African country (7)
26 Highwaymen (8)
27 Eye complaint (4)

DOWN

1 Answer (8)
2 Guwahati locale (5)
4 Small bunches of flowers (6)
5 Egyptian capital (5)
6 Strangeness or peculiarity (7)
7 Window frame (4)
8 ___ ion : iron atom having a charge of plus three? (6)
13 Guess (8)
15 Theatre on Varthur Road (7)
17 Pungent vegetables (6)
18 Leaning (6)
20 Star Trek lieutenant (5)
22 Item of property (5)
23 Stinging remark (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: N EQUALS H

NV NHA TL NLCV ZNL TVMVX NHO H PVHX.

Linemaro

Let's play a game. Winner dates loser

Mindchow

Do not reproach another person for something that you are equally guilty of

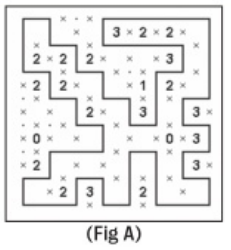
Joke of the day

Church notice: At the evening service tonight, the sermon topic will be 'What Is Heli?' Come early and listen to our choir practice.

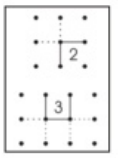
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)



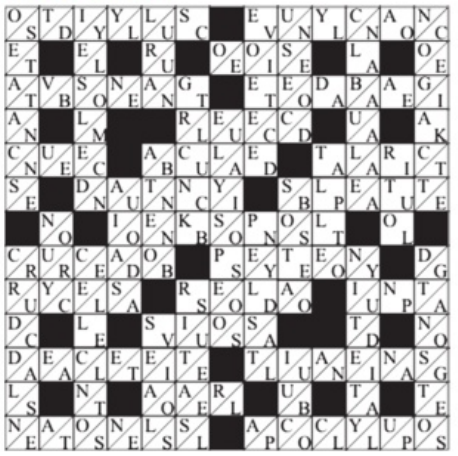
(Fig B) Not Allowed

How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

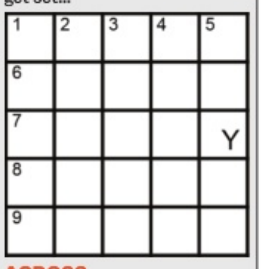
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Ma sis; 6 H Gala; 7 I licy; 8 Phase; 9 Moral

DOWN

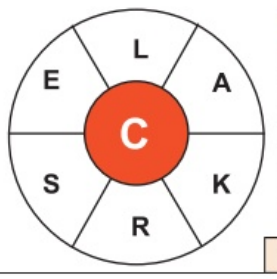
1 Sigma; 2 Mocha; 3 All II; 4 As pal; 5 Syr He

Mensapuzzle

Here's a little baseball truth ... in alphametic form.
Let U = 5; R = 9; T = 6; A = 8

Here's a little baseball truth ... in alphametic form. Let U = 5; R = 9; T = 6; A = 8

```
  N O
  B A T
  N O
+ R U N S
L O S E R
```



Bull's eye

How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

13 Average; 15 Good; 17 Outstanding

SudokuChallenge

3	7	1					5	
		4		3		6		
			9	7				
	8		7			3	2	
		7	5		6	9		
	2	6			9		7	
				4	2			
		9		5		7		
	1					8	4	2

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

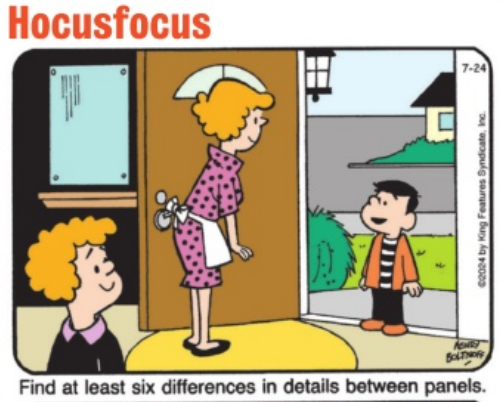
Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 20
2 3 6 8

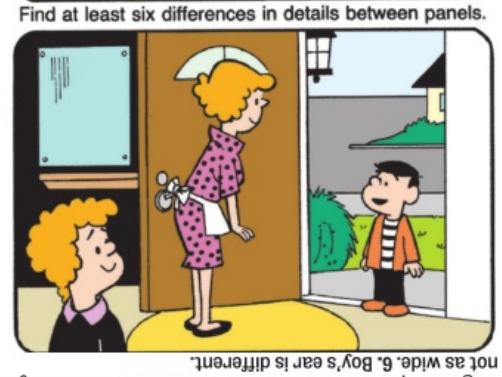
Medium = 5
1 5 6 6

Hard = 9
2 6 8 3

Hocusfocus



Find at least six differences in details between panels.



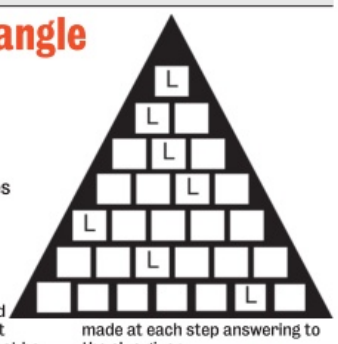
Differences: 1. Boy's shirt is different. 2. Girl's hair is longer. 3. Apron is shorter. 4. Mirror is wider. 5. Doorway is not as wide. 6. Boy's ear is different.

Riddler

You grasp my handle and give me a push. I rotate and roll, doing my job. You put pressure on me, and I cause division. Then you enjoy the fruits of my labor, while I lie, cast aside, feeling cheesy and red of face.

Alpha triangle

1 XXV + XXV
2 'Behold!'
3 Longstanding
4 Auction word
5 Ore places
6 Tin-lead alloy
7 Trying experiences

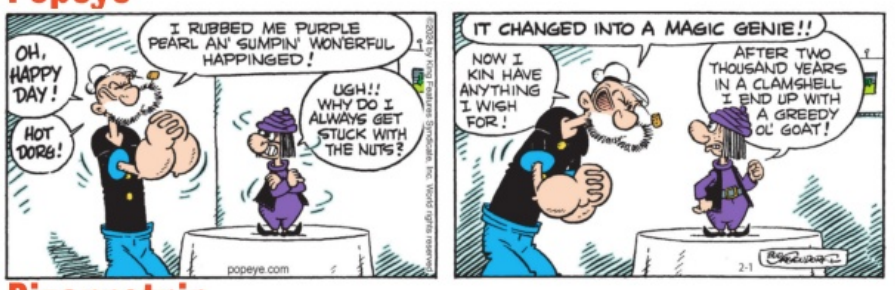


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye


I RUBBED ME PURPLE PEARL AN' SUMPIN' WON'ERFUL HAPPINGED!
OH, HAPPY DAY!
HOT DORG!
UGH!! WHY DO I ALWAYS GET STUCK WITH THE NUTS?
IT CHANGED INTO A MAGIC GENIE!!
NOW I KIN HAVE ANYTHING I WISH FOR!
AFTER TWO THOUSAND YEARS IN A CLAMSHELL I END UP WITH A GREEDY OL' GOAT!
popeye.com

Bizarrotrip

Diamond Lil

Hart of the city

JOIN THE
FLOUR, SALT, WATER, OIL, BAKING SODA...
LET ME GUESS. YOU'RE MAKING A LIST OF SUPPLIES TO BUILD A LAST-MINUTE VOLCANO.
HOW'D YOU KNOW?
I TOOK IT LAST SEMESTER, AND I DON'T LIKE TO DO HOMEWORK.
ASK THE LUNCH LADY FOR OIL!
GOCOMICS.COM/HEARTOFTHECITY

Crankshaft

SO YOUR GRANDSON, MITCH, IS LEARNING TO READ, ED?
YEAH... HE'S LEARNING TO SOUND OUT WORDS WITH SONICS...
SO HE HAS PRETTY GOOD ELECTROCUTION!
tombatiuk.com/books

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, the situation is under control. Your destiny may favour you, bringing gains from past investments. You may receive rewards for your hard work, and projects that were halted may be reinitiated. You might plan a peaceful, religious trip. You may also consider donating to a religious place or charity.

Taurus Apr 21 – May 20
Today, the moon is not in a favourable position, and you may face health issues. Losses in business or past investments are possible, so it is advised not to invest in new ventures. Moreover, your gains might also turn into losses. You are advised to steer clear of controversies as they could have a negative impact.

Gemini May 21 – Jun 21
Today is a good day for work, and you may perform well. Your boss might assign new responsibilities, potentially leading to a promotion. Disputes with partners may be resolved now. You might consider lending money for asset building. Your children's health is likely improving, and you may make investments for their future.

Cancer Jun 22 – July 23
Today, you are blessed by the moon. Love is in the air for your personal life; singles might find a suitable match. Professionally, you will do well, with support from friends and subordinates. Investments in gems and jewellery may bring positive gains in the near future. However, you are advised to be cautious about the health of elders.

Leo Jul 24 – Aug 23
Today, you may feel happy due to blessings from auspicious planetary combinations. You may have a surge of energy, boosting your prestige among those around you. You may also indulge in studying intellectual subjects and gaining in-depth knowledge too.

Virgo Aug 24 – Sep 23
The beginning of the day may feel dull, but after the evening, you can control any negativity. New people may connect with you at work, and their support could help revamp your business plans. Be sure to read documents carefully before signing anything.

Libra Sep 24 – Oct 22
Today, with blessings, you may overcome indecisiveness. Your children's health is improving, and your colleagues may be supportive, leading to success in projects. You might receive incentives along with your salary. Natives involved in dairy, water projects, grains, homemaking, art, and culture will do well.

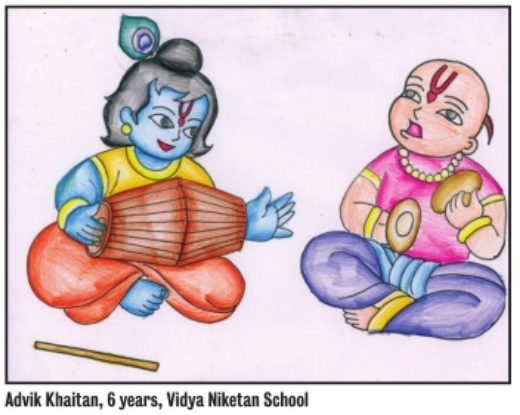
Scorpio Oct 23 – Nov 22
Today, you may consider relocating, but it is advised to think carefully before making decisions about migration. A change in job might also be on your mind. Peace of mind will prevail, but your children's health might cause some concern. You are advised to avoid speculative investments. Lovebirds shall be patient before making significant marriage-related decisions.

Sagittarius Nov 23 – Dec 22
Today, you may feel patient. Meditation could enhance your concentration, helping to accelerate your projects. Subordinates may cooperate, assisting you in completing tasks ahead of schedule. Short work-related trips are likely too. You may also meet an influential person who may help expand your network.

Capricorn Dec 23 – Jan 20
Today, you may be busy with family gatherings and social events; polite behaviour with those around you could increase your prestige. You might spend money on artefacts or household items, and this could improve your social status. You may also expect some good news from a relative.

Aquarius Jan 21 – Feb 19
Today, you will be occupied with a family gathering. You may work on re-establishing your network; this could bring benefits in the near future. Natives involved in glamour, art, fashion, films, and media may plan something new for their profession. Students are likely to perform better in their studies. Lovebirds may enjoy their time together.

Pisces Feb 20 – Mar 20
Today, you may be busy at work; this could lead to mental fatigue, which could disrupt your routine. You may also establish some overseas connections, but you are advised to be cautious with investments. Natives in employment might receive a promotion.



Advik Khaitan, 6 years, Vidya Niketan School

Yatharth A, 6 years, PPS School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
6 men weigh 6*186 = 1116 pounds
5 men weigh 5*200 = 1000 pounds
1 man left out = 116 pounds

RIDDLER
A pizza cutter.

QUOTE UNCODE
He has no hope who never had a fear.

FAST FIVE

A	M	I	S	S
G	A	L	A	H
I	C	I	L	Y
S	H	A	P	E
M	O	L	A	R

STRIKE OUT

E	A	S	E	L	S		P	O	L	Y	P	S		
L		T		O	E	R	B		T		E			
S	H	A	P	E			L	I	N	I	N	G		
D	E	C	E	I	T		L	I	N	E	N			
D		E	V	I	S	A		D		N				
U	C	L	A		R	E	D	O		U	N	A		
C	R	E	D	O		S	E	T	O	N		G		
	O		I	N	K	S	P	O	T		O			
E		N	A	N	C	Y		S	L	A	T	E		
C	U	E		A	U	L	D		A	L	I	T		
N		M		R	U	E	D		A		A			
A	B	S	E	N	T		T	E	A	B	A	G		
E		E	R		E	O	S		A		E			
S	T	Y	L	U	S		V	U	L	C	A	N		

QUICK

B	R	I	G	A	N	D	S		S	T	Y	E		
A		D		E		U		T	U	N	I	S	I	A
R		T		R		E		S		E		T		
B		R		H		L		O		S		M		
N		A				T		A	G	O	U	T	I	
O	B	J	E	C	T		B	O	O	S	T	S		
T		N				T						E		
		I				S						S		
T	A	M	E	R		E	R	O	D	E	S			
U		A		R		I		R		N		H		
L	I	S	T	E	N	S		I	N	D	U	S		
O		S		F		O		A		D		A		
S	W	A	N		S	P	A	C	I	O	U	S		

MENSA PUZZLE
2 0
7 8 6
+ 9 5 2 3
2 0
+ 1 0 3 4 9

BULL'S EYE
acre, cake, care, case, clear, clerk, crack, lace, lack, race, rack, sack, scale, scar, scare, slack, SLACKER

GO FIGURE
Easy
2 × 3 + 8 + 6 = 20
Medium
5 − 6 + 6 / 1 = 5
Hard
3 × 8 − 6 / 2 = 9

ALPHA TRIANGLE
L, Lo, Old, Sold, Lodes, Solder, Ordeals.

SUDOKU

3	7	1	4	6	8	2	5	9
8	9	4	2	3	5	6	1	7
6	5	2	9	7	1	4	3	8
9	8	5	7	1	4	3	2	6
7	6	8	1	4	2	5	9	3
1	3	7	5	2	6	9	8	4
4	2	6	3	8	9	1	7	5
2	4	9	8	5	3	7	6	1
5	1	3	6	9	7	8	4	2

LOOP

KAKURO

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 # Acting beckons

Actress-singer Olivia Rodrigo has expressed her wish to return to acting in the future. The 21-year-old Grammy-winner started out with the Disney Channel series 'Bizaardvark'

Real reason

Samantha reveals what inspired her to join 'Citadel: Honey Bunny'

Actress Samantha Ruth Prabhu has recently opened up about her role in the upcoming series 'Citadel: Honey Bunny', shedding light on what captivated her about the project. The actress emphasised how the series focuses on relatable characters who find themselves in extraordinary circumstances, a narrative that resonated deeply with her.

In a statement, Samantha shared, "It's not gimmicky and full of high-tech gadgets and technology. The world that is created is so real. The characters are genuinely relatable, ordinary people placed in extraordinary circumstances. That drew me in immediately. I also believe it was a brilliant move to set the show in the nineties".

She added, "Everything about this world feels authentic. By choosing the 90s as the backdrop, there's a greater dependence on human capabilities rather than on gadgets. It's more about human wit and hand-to-hand combat, resulting in a very raw experience. When you think of a spy film, high-tech gadgets and fancy technology often come to mind, but those elements can overshadow emotions and character arcs. This approach makes it more exciting for an actor. I think this is an original way of doing things, different from the norm. It was an original idea, and I truly believe it was the best decision for the show".

'Citadel: Honey Bunny' directed by Raj & DK, also stars Varun Dhawan in a lead role. The web series is a spin-off of the American spy action series 'Citadel', which stars Priyanka Chopra and Richard Madden.

—IANS

Leading lady pens her story

Shwetha Srivatsav, known for her performance in Simple Agi Ondh Love Story, is out with a book – Against The Grain: A married woman's unprecedented journey into the film industry.

Shwetha, who is a post-graduate – MA (Mass Communication) from Bangalore University, shattered barriers by becoming the first married woman to play the lead in commercial films in the Kannada film industry. This achievement came after years of waiting for opportunities, spanning two decades where it was unheard of for married women to pursue lead roles in mainstream cinema.

Shwetha fearlessly embraced lead protagonist characters that garnered her widespread acclaim. "The objective of writing the book is to narrate my journey in the film industry and the problems that came in my way. I want heroines to get equal importance in the film industry. There is a notion of considering heroines as successful when hero-oriented commercial films in which they acted become successful at the box office," said Shwetha.

Hailing from a rich theatre background, she participated in numerous plays and theatre groups. She is a proud disciple of the legendary BV Karanth and Prema Karanth, and has worked as an assistant editor for the Kannada theatre magazine 'EE-Masa Nataka,' founded and run by her father, L Krishnappa, during her college days.

Shwetha, a two-time Filmfare Award winner in the Best Actor (Female), also demonstrates a profound commitment to philanthropy. She dedicates herself to charitable endeavours, striving to make a significant impact in every capacity possible.

Despite the demands of motherhood, Shwetha adeptly balances her career in cinema, social commitments, and family life. Her recent movie was Raghavendra Stores.

The book is available in English and Kannada on Amazon.

—Y Maheswara Reddy

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